

# Lighten Up! ~ An Ascension E-zine



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## There Is No Where to Go

There was a blizzard in New England last week. The storm dumped a couple of feet of snow in 24 hours on the mainland. We received less here on the Cape. Yet, as I drove out to the ocean beach the following day all the evergreens were laden with snow in that wonderfully picturesque way. I was meandering down the back roads through the national seashore just soaking in the beauty of it all.

I had been asking for days about the best approach to take for this newsletter. I have been bombarded lately with so many ideas, concepts and teachings that I AM wishes to share with us, but I was feeling a little confused about where to start. That happens in the realm of consciousness where everything is simultaneous.

As I drove, the sun was bright, but there was a biting northwest wind which kept the temperature well below freezing. There were places on the roadways, in the direct sunshine, which were entirely free of snow and ice, but in the places where shadows fell across the road, the surface was frozen and slick.

“If you want to know the power of the sun, just stand in the shadow for awhile.” The thought rolled through my empty mind just as so many do...as a leapfrog to something else.

The dialogue with the Higher Self was underway. “Wow, that is so true with Life, Love and this whole journey on Earth,” I reflected. “The duality and contrast of the Earth playground has given Soul new ways to experience Life.”

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“Yes, it has”, the inner voice replied. “So, begin at the end, as there really is no where to go, and it is high time you came to feel the wonder of your choices.”

### **The Perplexing Question of Duality**

In the beginning All was Love. In the end All Is Love. In between All Is Love. So, how come it doesn't always feel that way?

By now, most of you on the spiritual path know the basis of the Earth experiment – to create a playground where we could practice creating in new and exciting ways. One of the ways we chose was to project an aspect of our soul self in a way that would live in direct relationship to a form/body. Prior to that, we had played with Creation from our Light essence. (You'll find an extensive amount of information on the purpose for Earth creation, and the many games which have been played out here, in the Edgar Cayce material available through A.R.E.)

Earth proved a fabulous playground for trying out new things like Free Will and Density. Then, a group of souls expressed a desire to experience Forgetfulness in the midst of darkness, for the sake of re-discovering their own Light, and to provide the opportunity to hone the appropriate use of power. This lovely choice has become known as the Fall Of Man. It happened at the dissolution of the Atlantis period. It was one of the most challenging things we ever decided to do. But, rest assured, it was a group decision, and we were well aware of all the factors at play.

**“The Fall of Man never happened. You never went anywhere. You haven't gone anywhere. You simply chose to forget.”**

~ I AM

The forgetfulness is why it doesn't always feel like we are Glowballs of Love. Yet, we really are, and the trick to creating Heaven on Earth is simply to embody the Feeling of Unconditional Love.

The messages Spirit wants me to share are about helping you open to the feeling of your True self. Opening the lines of communication with your Higher Self, and making your daily choices from the Center of your Heart - without judgment of yourself or another. If you will meditate on the material, walk through the suggested exercises, listen with your heart, and be willing to let go of any notion you have about reality, you will know the feeling of Love, and the Peace which Passeth Understanding – all the time.

### **A Piece of My Story**

A few years ago, while in a multidimensional state, I was able to witness the “choice” of forgetfulness. At first, it wasn't pleasant for me at all. I am sure I was seeing it through

my own filters, in a way that I could comprehend my role and choices. However, I had a strong emotional reaction to this idea of a group “not knowing we are All connected.”

The replay came across as a group of teenagers wanting to take the car out of the garage and go for a spin. Then, return the car to the garage, turn the odometer back, and “no one would know”. Thus, they would not have to be accountable for anything that happened while they were on their joyride. My immediate response was, “Not good. You have no idea how many ripples that will create through the energy soup and how much will be required to level it all back out.” (Thus, the use of karma which allowed for ripples to be balanced over many lifetimes so we could stay in the forgetfulness.)

Lying there, in a semi-trance, experiencing other realms and points of timelessness, I was bathed in Unconditional Love. The feeling of Home became me, and the wave of knowingness rolled through. “It is All o.k. There is nothing which can ever happen that is not o.k. within the heart of Spirit. It’s just a joyride. No matter what happens you end up right here. In fact, you never left. You cannot leave the heart of God. You only projected a piece of you out there, just to see what would happen.”

It was in that wave of Home that I, personally, came to an awareness, in a fully unquestionable way, that the very instant the “what if?” was asked, the Answer “All Is Love” was given.

It is an incredibly powerful feeling – to know that mankind has not screwed up. You, personally, can never make a wrong choice. To realize that humanity has not fallen from Grace, but rather found ways to expand creation itself. It is this feeling I wish for all of you to know so fully in each of your cells. It is my ongoing experience of this feeling which stirs me to share my stories with you, in hope that you too will Allow the Feeling to bathe you.

As I have mentioned before, the shift is on! It is not a trip to anywhere. It is an Allowing of your Awareness to embrace your essence – and nothing else. To express through form that which is the fullness of you – and stop putting your attention on those things which are not your essence. You are a non-physical vibrational being. You don’t need to go, do, or be anything. You simply need to Allow yourself to Feel the Love you are made of. While it can happen in an instant, it will not happen if you are hanging on to any notion of yourself as anything other than glorious and worthy. And, because you may be consciously out of practice, it will take some practice to stay Aware of the Love in every moment.

**The biggest stumbling block we can see from here, for the people who would be seeking this information, is for them to believe that they deserve to feel what they**

**feel when they feel us. It is of them. It is for them. It is incessant. There is no where in Creation that this feeling does not exist. It is theirs. It is yours. You are the heirs to Unconditional Love. Embrace your own beauty and you will know what has been with you and within you all along.”**

~ I AM

A couple of days after my ride through the shadowy patches along the back roads near my home, I got a phone call from a friend/Lightworker who I hadn't spoken to in several weeks. She mentioned that her approach to her New Year's resolutions was to start at the end.

“You are kidding me, right?” I said. “I just got the same message from Spirit about this flow of information. How wonderful!”

So, now is the time to decide what 2011 will be like for you. To make your choices about how you will experience the greatest Spiritual Evolution in all of Creation. (More on this in another post). All Ascended Masters, Archangels and Creator Gods are providing the same information for anyone on Earth who is interested to know. “Make each choice from a place of Awareness. Be aware that you Create your reality in each moment, and choose your reality by becoming more conscious of the choices in front of you and each selection you make.

**There are only two activities in Life, and if you will not let the Inner govern according to Its plan of perfection, the Outer must. When the mind accepts and agrees with a thing or condition, the individual decrees it into his world. Whatever you let the attention rest upon, you are agreeing with and accepting, because through the attention you have let the mind become one with it.**

~ I AM

The beauty of starting at the outcome is that you get to wallow in the appreciation that it has already occurred. Appreciation is perhaps the most powerful emotion for use in Creation. Putting the power of thankfulness in line with conscious choice makes for easy manifestation of Truth.

Remember, we aren't trying to manifest things. The only reason anyone ever wants a thing is because they believe it will make them, or someone they love, happy. We're going to skip the “thing” and just manifest the “happy” by choosing to believe we deserve it – and looking for it all around us. The more you focus on Happy, the more Happy you see, the more Happy you feel. The next thing you know, you begin to realize that You are Responsible for your feeling of Happy...leapfrog...You are Happiness in Form – you had simply forgotten for awhile.

Once you remember your Essence as Love at Peace, as they say here on the coast, “The world is your Oyster.” And, you begin to see that every grain of sand has the potential to be a lovely pearl.

### **Practice ~ Invoking the Outcome**

Make a list of everything in your life you are currently thankful for. Every experience, relationship, condition, circumstance and yes, even the things. Then, make a list of everything you would like to choose in 2011. Write this list as if it is the end of December 2011. i.e. I AM so thankful I released the judgment I had around so and such, I AM truly appreciative for the new relationships I have with more and more likeminded people, etc.

Be sure to use the I AM power in all of your statements, with the awareness you are activating and aligning the energy that Creates Worlds.

Next, on a new sheet of paper, write one item from the first list, then one item from the second list, alternating from each list until you have one fully integrated list of Gratitude. This approach is more effective than simply writing out what you think you want to have happen in a future moment. Here, you have combined the “already here” – which activates the appreciation to its highest level within you, with “already true and on an intersecting path.” This activates Anticipation.

The emotions of Appreciation and Anticipation are two of the most powerful ways to move energy, Create worlds and express Love.

**“There is only the anticipation, the appreciation and the embodiment of Love. It is not complicated. Try to enjoy it.”**

**~ I AM**

I hope this helps you set your intention for your journey through the Shift and begin to allow the Truth which already exists to become your point of perception each day.

It’s time to Embrace Your Magnitude ~

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